



YOUR PERMISSION PRESCRIPTION

with Nancy Levin

EPISODE 47

The Big Myth About Life Coaching

Nancy: Many of us who create a career in coaching do so because we want to help people. And one of the most important ways we can do that is to remember, to hold our clients accountable and responsible for their own healing and change making. I am grateful to have learned this from one of the best. As I often stood beside Louise Hay during her numerous book signings, people would inevitably come up to Louise and say, Louise, you changed my life.

And Louise would always. No dear. I just gave you the tools you changed your own life.

hi, and welcome to your permission prescription the podcast that teaches you how to confidently say yes to you and consciously create the life you desire. I'm Nancy Levin, best-selling author, master life coach, and founder of Levin Life Coach Academy. But it wasn't too long ago that I was a burnt out people pleaser living my life for everyone around me and ignoring my own needs fast forward to today.

And I've successfully coached thousands of recovering people-pleasers to set boundaries with themselves and the people around them. So they can live a more fulfilling life on their own terms. I created your permission prescription to help you do the same. Be sure to tune in for actionable coaching methods from me, interviews with other incredible coaches, speakers and authors, plus one-on-one live coaching calls and so much more. If you're ready to start saying yes to you, then you're in the right place.

Welcome back to another episode of your permission prescription today, we're going to unpack one of the big myths around life coaching. So you might think that coaching is about giving advice, or if you're the client, you might think coaching is about getting advice. And I want to bust this myth. So let's talk about the difference between advice giving and coaching and what really makes a coach a coach.

Not someone who's good at giving advice. Coaching is a partnership in which the coach guides and supports the client to move from where they are to where they want. In order for a client to move forward in the direction of their desire to bring their vision to fruition. Coaching requires the client to show up committed to their own evolution.

So the coach can hold the client accountable to the commitment they've made to themselves. One of the fundamentals of the coaching relationship is that the client is the expert on themselves. So the coach is not showing up with all the answers. The coach is guiding the client within to their own inner wisdom, their own inner knowledge. Their truth within.

They are truth within coaching creates a safe container for the client to uncover and discover their own truth. And as coaches, we do this utilizing key coaching skills that are actually life skills as well. One of the biggies is active listening, engaged, listening to what's being said, as well as what is not being said by staying in the listening as coaches, we are solely focused on the client, their vision, their goals.

So we can support them in making choices and taking action upon what will get them to where they want to go. And in order to do that, we as coaches need to hold our clients capable and accountable in this process, which means we're not directing. Where to go the other day in Levin Life Coach Academy, my training and certification program.

We explored the difference between advice, suggestions, and examples. And I'd like to share a little bit about that. So as an essential skill of life coaching, the ability to show up agenda free is what will ultimately free us of judgment. So we're not pushing our own agenda on the client. We're not giving advice. As a coach, I'm not looking at a client situation through the eyes of what I would do if I was in their shoes or what I think they should do. Coaching is not telling our clients what to do. It isn't even coming up with, if I were you, this is what I would do scenarios. Those are actually sneaky agendas that rear their ugly heads.

Coaches may often give examples from our own lives, not to direct our client, but to instead have them be able to grasp the concept in a more concrete way. The concept itself might feel a bit amorphous or intangible. So if I share something from my own life, it sets it in space and time and makes it relatable.

And I'm only doing so to support the client in getting where they want to go. Everything in coaching is coming from that place. So while it's important to stay in the listening and ask clarifying questions and powerful questions of our clients, we want to make sure that we're asking clients questions that take them deeper into their own wisdom, not questions that are just serving our own nosiness, because again, that would be agenda driven and we want to stay clean and clear.

We want to be a clean, clear vessel for our clients. Coaching ultimately serves to empower the client to take responsibility for the quality of their own life. And that's only going to work if the client knows that they know their life best, otherwise they're going to give their power away to the coach.

So. The main difference here between advice, suggestions, and examples is we, as coaches want to offer the examples to our clients in service of them, seeing the illumination of what we're sharing, whereas advice and suggestions are a way that we drive the client in a certain direction. Students come into my training program, really relieved to hear that they do not need to have all the answers or have their life perfectly fit altogether in order to be a coach.

What they do need is the willingness and ability to suspend judgment, to activate their ability to listen and to use essential coaching skills, tools, and techniques that support the client to ultimately trust themselves their choices and their actions. I like to think of a coach as a sort of tour guide through the landscape of the client's life as the client excavates hidden passageways to make new discoveries. The container of coaching makes it safe for the client to identify and name wants, and needs and desires in the presence of a coach who will guide them to make choices and take action in alignment with what's true to step into center stage of their own life.

Drawing upon self-forgiveness self-worth self-confidence self-compassion and so much more. Many of us who create a career in coaching do so because we want to help people. And one of the most important ways we can do that is to remember, to hold our clients accountable and responsible for their own healing and change-making.

I am grateful to have learned this from one of the best. As I often stood beside Louise Hay during her numerous book signings, people would inevitably come up to Louise and say, Louise, you changed my life. And Louise would always say, no, dear. I just gave you the tools. You changed your own life. And this is a foundational truth of coaching to not allow the client to give their power away and for the coach to not take credit when the client deflects.

So if you are considering becoming a coach or hiring a coach, my hope is that this overview supports you. Thanks so much for listening. And I look forward to being here with you again, next time.

Thanks so much for listening to today's episode. If you loved what you heard, I'd be so grateful. If you'd leave a review and share your experience even better follow this podcast. So you never miss a new episode. And if you'd like some extra support or guidance, head over to my transform together, Facebook group for an engaged community.

Where you can speak your truth, receive inspiration and ask for help as you navigate life's journey or visit my website, NancyLevin.com, where you can find resources to help guide your path to reclaiming. What's truly important to you. Thanks again for joining me.